



about FAVORITE CHINESE RECIPES

*The Oriental, it is said, "eats with his tongue" — flavor is all-important. And Chinese food, with its subtle, well-balanced blending of flavors, has become Australia's most popular foreign food when eating out or at home.*

*There are five main schools of Chinese cooking, named after the areas in which they originated. They are:*

**CANTON:** has succulent pork, chicken and duck dishes, delicious soups. Quick-frying is the favorite method of cooking: fried rice and crisp noodles are popular. Cantonese dishes are delicately flavored, not highly seasoned. Because the majority of Chinese restaurants in Australia are owned or operated by Southern Chinese, Cantonese food has become better known here than the other styles of Chinese cooking.

**FUKIEN:** Sucking Pig is a favorite dish; soups of many varieties are served between courses. Popular Spring Roll is from this school

**PEKING:** Peking Duck is a world-renowned dish; so is Bird's-nest Soup. Food is well spiced, of great variety.

**SHANGHAI:** Concentrates on steamed, rather than fried foods. More highly spiced than Cantonese, but less than Szechuanese.

**SZECHUEN:** Also famous for soups. Foods generally, are hot and highly spiced.

*Ellen Sinclair*

Ellen Sinclair, Food Editor  
Australian Women's Weekly

**SPECIAL EDITION  
FAVORITE CHINESE RECIPES  
INDEX**



- 1 Crab Combination Soup
- 2 Savoury Dumplings
- 3 Pork and Chicken Rolls
- 4 Marinated Pork Spare Ribs  
Toffee Bananas
- 5 Pork with Chilli
- 6 Sweet and Sour Pork
- 7 Worcestershire Pork
- 8 Singapore Noodles
- 9 Fish Roll
- 10 Prawn Balls
- 11 Crab with Black Bean Sauce
- 12 Scallops with Ginger Sauce
- 13 Fish with Chilli Sauce
- 14 Prawns with Eggplant
- 15 Beef with Pineapple
- 16 Five Spice Beef
- 17 Sherried Steak
- 18 Chicken and Seafood Combination
- 19 Chicken Noodle
- 20 Szechwan Chicken with Chilli Sauce
- 21 Chicken with Lemon
- 22 Chicken with Cashews
- 23 Chicken with Crab
- 24 Two Tone Rice

Photography by Russell Brooks

## CHINESE

### How To Make Perfect China Tea

China tea is taken weak, without milk or sugar. About one teaspoon of tea — or less — is used for one metric cup (250 ml, approx ½ pint) of boiling water.

China tea can be made in a teapot or in a cup. When making it in a teapot, scald the pot first with boiling water, add the measured amount of tea and at once pour in the water, which should be at a full, rolling boil. As the boiling water is added, the tea can be stirred. Cover and leave to steep for a few minutes. If you like your tea very weak, add more boiling water.

When making the tea directly in the cup, rinse cup with hot water, add the tea leaves and pour on the boiling water.

When the tea is drunk, more boiling water can be poured on to the same tea leaves in the cup. Many consider this second cup the better of the two — it is lighter, even more delicate in flavour.



## CRAB COMBINATION SOUP



### CRAB COMBINATION SOUP

- |                                  |                            |
|----------------------------------|----------------------------|
| 1½ litres (6 cups) chicken stock | 3 tablespoons cornflour    |
| 1 teaspoon oil                   | 3 tablespoons water        |
| 1 egg                            | 2 chicken stock cubes      |
| 8 shallots                       | 1 tablespoon soy sauce     |
| 30 g (1 oz.) dried mushrooms     | 1 tablespoon dry sherry    |
| ½ x 230 g can bamboo shoots      | salt, pepper               |
| ½ teaspoon grated green ginger   | 2 egg-whites               |
| 155 g can crab meat              | 2 tablespoons water, extra |
| 125 g (4 oz.) scallops           |                            |

Cover mushrooms with boiling water, let stand 30 minutes. Drain, remove stalks, slice mushrooms thinly. Chop shallots, cut bamboo shoots into fine strips. Wash scallops; using sharp knife, make slit along back and remove dark vein; slice scallops thinly. Drain and flake crab. Lightly beat egg with fork. Heat oil in small frying pan, add egg, swirl egg in pan to coat sides and base of pan evenly. Loosen edges of pancake with spatula, turn and cook other side. Remove from pan, roll up, slice into thin strips. Put chicken stock into large pan, bring to boil. Add mushrooms, bamboo shoots, shallots, ginger, crab meat, scallops, salt and pepper. Bring to boil, reduce heat, simmer two minutes. Remove from heat, stir in combined water, crumbled stock cubes, cornflour, soy sauce and dry sherry. Return pan to heat, stir until soup comes to boil, reduce heat, simmer uncovered for two minutes. Beat egg-whites and extra water lightly, add to soup in a thin stream. Stir well.

**Serves 6.**

## SAVOURY DUMPLINGS



## SAVOURY DUMPLINGS

### PASTRY

**1 1/4 cups plain flour, 6 to 7 tablespoons warm water.**

Sift flour into bowl, add enough of the warm water to mix to a stiff dough, knead on well-floured board until smooth. Roll dough into sausage shape, approximately 30 cm (12 in.) long. Cover with a damp cloth, allow to rest 30 minutes. Cut dough into 20 pieces. Flatten each piece with palm of hand, roll to approximately 9 cm (3 1/2 in.) circle, trim with plain 9 cm (3 1/2 in.) cutter. Place tablespoonfuls of filling on each pastry round. Fold pastry over, leaving more on one side for gathers, press corners firmly. Form gathers on wider side of pastry round and press to flat side firmly. Heat pan, add 1 tablespoon oil, arrange dumplings neatly in pan. Allow to cook over low heat for 3 minutes, add water to half-way cover dumplings. Bring to boil, reduce heat, simmer covered until water evaporates, approximately 15 minutes. Remove lid, allow to cook further 5 minutes or until dumplings are golden brown on base. Allow dumplings to cool in pan 3 minutes before serving or dumplings will stick to pan. Serve with sauce for dipping.

### FILLING

**1/2 medium Chinese cabbage, 500 g (1 lb.) green prawns, 125 g (4 oz.) pork mince, 1 teaspoon soy sauce, 1/2 teaspoon salt, 1/2 teaspoon sugar, 1 teaspoon sesame oil, oil for frying.**

Shell prawns, remove back vein; chop prawns finely. Chop cabbage roughly, drop into boiling salted water, cook until soft, approximately 7 minutes, drain, shred very finely and wring out as much liquid as possible using a piece of cloth or muslin. Place minced pork, prawns, cabbage, soy sauce, salt, sugar and sesame oil in bowl, mix until well combined.

### SAUCE

**1/2 cup worcestershire sauce, 2.5 cm (1 in.) piece green ginger.**

Peel ginger, cut into thin slices, then into very thin strips; add worcestershire sauce.



## PORK AND CHICKEN ROLLS



## PORK AND CHICKEN ROLLS

1 kg (2 lb.) lean pork fillets  
2 whole chicken breasts  
1 ham steak  
1 small onion  
20 chives or thin shallots  
1 tablespoon soy sauce

½ teaspoon salt  
1 teaspoon sugar  
1 teaspoon grated green ginger  
1½ teaspoons cornflour  
2 eggs  
oil for deep-frying

Cut ham steak into 8 cm × 1 cm (3 in. × ½ in.) strips. Peel onion, chop finely. Remove skin from chicken breasts, cut meat from breast bones. Cut chicken and pork fillets horizontally into 5 mm (¼ in.) thick slices, then put chicken and pork between two sheets of greaseproof paper, and pound meat out until very thin with meat mallet or rolling pin. Combine soy sauce, salt, sugar and ginger in bowl, mix well. Brush mixture over one side of each piece of pork fillet, sprinkle onion evenly over, top each with a piece of chicken. Put a strip of ham at one end of each piece of pork. Starting from ham end, roll each portion up tightly as for swiss roll. Tie chives around roll at each end. Combine eggs with cornflour, mix to a smooth batter. Place a few rolls into batter, lift rolls from batter one at a time, drain slightly on sides of bowl. Place into deep hot oil, fry gently until golden brown and cooked through, approximately 5 minutes, drain well on absorbent paper. Repeat with remaining rolls.

**Makes 8 to 10.**

## MARINATED PORK SPARE RIBS



### MARINATED PORK SPARE-RIBS

**750 g (1½ lb.) pork spare ribs, ½ teaspoon salt, 1 tablespoon soy sauce, 2 teaspoons dry sherry, 2 cloves garlic, 3 tablespoons cornflour, oil for deep-frying.**

Remove any excess fat from ribs. In a bowl, combine crushed or finely chopped garlic, salt, soy sauce and dry sherry, mix well, add ribs, turn until each piece is well coated, marinate 2 hours, or cover and refrigerate overnight, turning occasionally. Add cornflour to ribs, mix until ribs are well coated. Deep-fry in hot oil, a few pieces at a time, until golden brown, approximately 5 minutes, drain well.

#### SAUCE

**3 tablespoons worcestershire sauce, 3 tablespoons tomato sauce, 1 teaspoon oil, 2 tablespoons sugar, 1 teaspoon sesame oil.**

Combine worcestershire sauce, tomato sauce, sugar and sesame oil in bowl, mix until smooth. Heat oil in pan, add sauce, stir until sauce boils. Pour over ribs or serve it separately.

**Serves 4 to 6.**



## PORK WITH CHILLI



## PORK WITH CHILLI

315 g (10 oz.) lean pork fillet

1 green pepper

4 shallots

2 cloves garlic

1 teaspoon sugar

1 teaspoon oil

1 teaspoon cornflour

1 teaspoon dry sherry

oil for deep-frying

### SAUCE

½ teaspoon five spice powder

2 teaspoons hoi sin sauce

1 tablespoon soy sauce

1 tablespoon tomato sauce

1 teaspoon worcestershire sauce

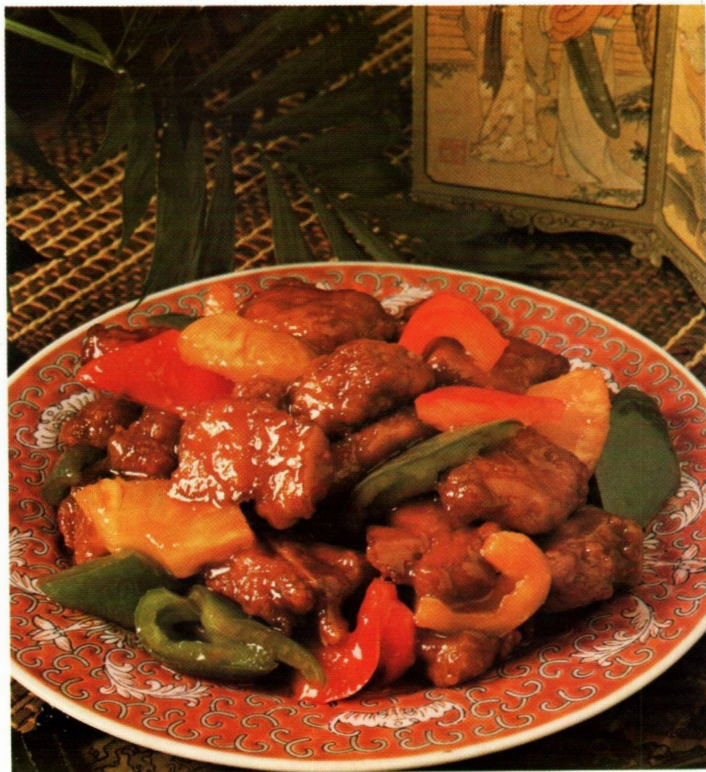
½ teaspoon chilli oil

(or 1 teaspoon chilli sauce)

Cut pork fillet into 2.5 cm (1 in.) cubes. Combine sugar, oil, cornflour and dry sherry in bowl, add pork fillet, stir until meat is coated. Cover, leave 1 hour; stir occasionally. Seed pepper, cut into 2.5 cm (1 in.) cubes; cut shallots into 5 cm (2 in.) lengths. Combine five spice powder, hoi sin sauce, soy sauce, tomato sauce, worcestershire sauce and chilli oil in bowl, mix well. Deep-fry pork in hot oil until golden brown and cooked through, about 3 minutes, drain. Heat 1 tablespoon oil in wok, add crushed garlic and pepper, fry for 1 minute, add sauce, pork and shallots. Stir until sauce boils and thickens.

**Serves 4.**

## SWEET AND SOUR PORK



## SWEET AND SOUR PORK

500 g (1 lb.) lean pork chops  
1 green pepper  
1 red pepper  
3 canned pineapple slices  
1 tablespoon soy sauce

1 egg-yolk  
1 tablespoon cornflour  
oil for deep-frying  
½ cup cornflour, extra  
2 cloves garlic

### SAUCE

3 tablespoons white vinegar  
3 tablespoons sugar  
3 tablespoons water

3 tablespoons tomato sauce  
½ teaspoon salt  
1½ teaspoons cornflour

Combine soy sauce, egg yolk and cornflour in bowl, stir well. Remove rind from chops, cut chops into 2.5 cm (1 in.) cubes, place into soy sauce mixture, stir until meat is coated. Cover, leave 1 hour; stir occasionally. Combine all ingredients for sauce, mix well. Seed red and green peppers, cut into 2.5 cm (1 in.) slices, cut pineapple rings into quarters. Add extra cornflour to pork mixture, mix until pork is well coated. Heat oil in pan, deep-fry pork until golden brown and cooked through, about 7 minutes; drain well. Pour off excess oil, leaving 1 tablespoon oil in pan. Add crushed garlic, cook for 1 minute, remove from pan. Add red and green peppers and pineapple quarters to pan, cook quickly, stirring constantly, for 3 minutes, add pork and sauce, stir until sauce boils and thickens.

**Serves 4.**



## WORCESTERSHIRE PORK



## WORCESTERSHIRE PORK

1 kg (2 lb.) pork chops

oil for deep frying

½ x 250 g (8 oz.) pkt wonton  
wrappers

### MARINADE

4 tablespoons worcestershire  
sauce

2 tablespoons sugar

2 tablespoons soy sauce

½ teaspoon salt

1 teaspoon cornflour

Remove rind from pork chops. Cut pork into 4 cm (1½ in.) pieces. Combine worcestershire sauce, soy sauce, sugar, salt and cornflour; mix well. Put pork in marinade, leave to stand 30 minutes; turn occasionally. Dot one corner of wonton wrapper with water, fold in half diagonally. You will need approximately 15 wrappers. Heat oil in frying pan or wok, deep-fry wrappers until golden brown. Remove, drain on absorbent paper. Fry a few at a time so wrappers brown evenly. Drain pork from marinade, reserve half the marinade. Heat 2 tablespoons of oil in wok, add drained pork, cook until golden brown. Pour the reserved marinade over, bring to boil, reduce heat, simmer till marinade thickens and coats pork. Serve garnished with the wonton wrappers.

**Serves 4 to 6.**

## SINGAPORE NOODLES



## SINGAPORE NOODLES

$\frac{1}{3}$ x 429 g packet noodle sticks	4 shallots
125 g (4 oz.) bean sprouts	$\frac{1}{2}$ teaspoon salt
500 g (1 lb.) green prawns	1 teaspoon chilli powder
1 chicken breast	1 tablespoon soy sauce
1 egg	oil for frying

### MARINADE FOR PRAWNS

$\frac{1}{4}$ teaspoon salt	pepper
$\frac{1}{4}$ teaspoon sugar	

### MARINADE FOR CHICKEN

$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ teaspoon dry sherry
$\frac{1}{4}$ teaspoon sugar	pepper

Add noodle sticks to large saucepan of boiling salted water, boil uncovered five minutes or until noodle sticks are tender; drain. Rinse under cold running water, drain well. Spread noodle sticks out on clean teatowel placed over wire rack. Allow to dry for one hour. Lightly beat egg with fork. Heat 1 teaspoon oil in frying pan, add egg, stir lightly, cook until set. Remove from pan, cut scrambled egg into thin strips. Remove skin from chicken breast, cut meat from breast bone, then cut meat into thin strips, approximately 8 cm x 5 mm (3 in. x  $\frac{1}{4}$  in.). Put chicken and marinade (salt, sugar, dry sherry, pepper) into bowl, mix well. Shell prawns; using point of small knife, cut each prawn down the back, remove back vein; rinse, pat dry. Place prawns and marinade (salt, sugar, pepper) into bowl, mix well. Remove roots from bean sprouts, rinse and drain. Cut shallots into 5 cm (2 in.) lengths. Heat 2 teaspoons oil in wok or pan, add bean sprouts, cook for 2 minutes, remove from wok. Heat 1 tablespoon oil in wok until hot, add prawns and chicken, saute until cooked, approximately 3 minutes, remove from wok. Heat 1 tablespoon oil in wok, add noodle sticks, sprinkle soy sauce, chilli powder and salt over noodle sticks, toss well until noodles are evenly coated. Add prawns, chicken, bean sprouts, scrambled egg and shallots, toss until well mixed.

**Serves 6.**



## FISH ROLL



## FISH ROLL

500 g (1 lb.) bream fillets (or  
other fillets)

2 eggs

2 shallots

1 teaspoon salt

½ teaspoon sugar

1 teaspoon cornflour

pepper

oil for frying

Lightly beat eggs with fork. Heat oil in frying pan, add half the egg mixture, swirl in pan to coat base of pan evenly. Loosen edges of pancake, turn and cook other side. Repeat with remaining egg.

Remove skin and bones from fish, chop fish very finely, add finely chopped shallots, salt, sugar, cornflour and pepper to fish, stir until well combined. Spread fish mixture evenly over each pancake. Roll up each pancake firmly. With joined side facing down, place rolls on plate, cover plate, steam over boiling water for 15 minutes. Cut into diagonal slices to serve.

**Serves 4.**

## PRAWN BALLS



### PRAWN BALLS

500 g (1 lb.) green prawns

½ teaspoon salt

15 g (½ oz.) pork fat

½ teaspoon sugar

8 thin slices white bread

1 teaspoon cornflour

oil for deep-frying

pepper

Use bread that is one day old, it slices better. Remove crusts from bread. Cut bread into 5 mm (¼ in.) slices, cut slices into 5 mm (¼ in.) cubes. Finely chop pork fat. Using the side of cleaver, mash prawns. Combine pork fat and prawns, add salt, sugar, cornflour and pepper, stir until combined. Take teaspoonfuls of prawn mixture, shape into balls with two teaspoons; this gives a round, even shape to the Prawn Balls. Drop balls into bread cubes. Roll each ball over bread cubes to coat evenly, shake in palms of hands to shape and get rid of excess bread cubes. Heat oil, deep-fry balls until golden brown. Fry a few at a time and turn occasionally to brown evenly. Remove, drain on absorbent paper.

**Makes 16.**



## CRAB WITH BLACK BEAN SAUCE



## CRAB IN BLACK BEAN SAUCE

- |                                   |                                |
|-----------------------------------|--------------------------------|
| 2 cooked crabs                    | 2 tablespoons water            |
| 3 tablespoons canned black beans  | 8 shallots                     |
| 2.5 cm (1 in.) piece green ginger | 3 tablespoons oil, extra       |
| 2 cloves garlic                   | 1 chicken stock cube           |
| 3 tablespoons oil                 | $\frac{3}{4}$ cup water, extra |
|                                   | 2 teaspoons cornflour          |

Wash crabs. Gently pull away round hard shell at top. With small sharp knife gently cut away the grey fibrous tissue. Rinse again to clean inside of crab. Chop off claws and big nippers. Crack these lightly with back of cleaver to break through the hard shell. This makes it easier to eat the crab meat. Chop down centre of crab to separate body into two halves. Then chop across each half three times; this gives six body sections of crab.

Place black beans into a bowl of cold water. Mix well, allow to stand 10 minutes. Drain, rinse beans well under cold running water. Place black beans, peeled and grated ginger, crushed garlic and oil into small bowl, mash well with fork until beans are finely crushed, add water, mix well. (Or if you have a blender, place the ingredients plus two tablespoons of water into electric blender, blend on medium speed for 30 seconds or until roughly mashed.)

Heat extra oil in wok or large pan, add black bean mixture, saute gently for 2 minutes. Stir constantly. Add prepared crab, toss for one minute. Add half a cup of the extra water and crumbled stock cube, bring to boil, reduce heat, simmer covered for four minutes. Remove lid, add combined remaining quarter cup water and cornflour, toss crab well until sauce thickens and lightly coats crab. Add chopped shallots, toss for 30 seconds.

**Serves 6.**

**Note:** If using green (uncooked) crabs allow a little longer cooking time.

## SCALLOPS WITH GINGER SAUCE



## SCALLOPS WITH GINGER SAUCE

500 g (1 lb.) scallops

10 shallots

4 cm (1½ in.) piece green ginger

1 teaspoon salt

oil for deep-frying

### SAUCE

3 teaspoons oyster sauce

½ teaspoon sesame oil

1 teaspoon soy sauce

1 teaspoon cornflour

¼ cup chicken stock

½ teaspoon sugar

1 teaspoon dry sherry

Combine all ingredients for sauce, mix well. Cut shallots into 4 cm (1½ in.) lengths. Remove skin from ginger, cut ginger into wafer-thin slices. Remove dark vein from scallops, wash well, pat dry. Add salt, mix well. Heat oil in pan, add scallops, deep-fry quickly for 1 minute or until just cooked, remove from pan, drain well. Heat 1 tablespoon oil in pan, add ginger and sauce, stir until sauce boils and thickens, add shallots and scallops, toss for 1 minute.

**Serves 4.**



## FISH WITH CHILLI SAUCE



## FISH WITH CHILLI SAUCE

**2 x 500 g (1 lb.) whole fish**  
**oil for deep frying**

**flour**  
**2 shallots for garnish**

Clean and scale fish. Coat fish lightly with flour. Dip fish into batter to coat completely. Drain off excess batter. Heat oil in large pan or wok, lower fish into hot oil. Cook until golden brown and cooked through, about 10 minutes. (If there is not enough oil to cover, turn fish once during cooking.) Drain fish well, put on heated serving dish. Pour chilli sauce over; garnish with shallot curls.

### BATTER

**1 cup plain flour**  
**salt**  
**1 tablespoon oil**

**1 cup water, approx.**  
**2 egg-whites**

Sift flour and salt into small bowl. Add oil and enough water to make a smooth batter, beat until smooth. Just before using, beat egg-whites until soft peaks form, gently fold into batter.

### CHILLI SAUCE

**1 tablespoon black beans**  
**5 cloves garlic**  
**1 red chilli**  
**2 teaspoons cornflour**  
**1½ teaspoons sugar**

**1 tablespoon soy sauce**  
**1 cup chicken stock**  
**1 teaspoon sesame oil**  
**½ teaspoon Sambal Oelek**  
**1 teaspoon oil**

Wash black beans. Seed and finely slice chilli; roughly chop black beans and crush garlic. Heat oil, add black bean mixture, cook for 1 minute; add combined cornflour, sugar, soy sauce, chicken stock and sesame oil, stir until sauce boils and thickens. Add chilli and Sambal Oelek, cook for another one minute.

**Serves 2, or serves 4 as part of a Chinese meal.**

**Note:** Sambal Oelek is Indonesian chilli sauce, available in small jars from most supermarkets or food stores.

## PRAWNS WITH EGGPLANT



## PRAWNS WITH EGGPLANT

2 medium-size eggplants  
8 large green prawns  
oil for deep-frying

60 g (2 oz.) Szechwan preserved  
vegetables

### BATTER

½ cup plain flour  
½ cup cornflour  
½ teaspoon salt

1 teaspoon baking powder  
¾ cup cold water  
1 egg-white

Sift dry ingredients into bowl, gradually add water, mix to a smooth batter. Just before using batter, beat egg-white until soft peaks form, fold into batter. Cut eggplants into 1 cm (½ in.) slices across; then make a cut down in the centre of each slice, leaving 1 cm (½ in.) uncut at the base. Cut 8 slices. Shell and devein prawns; slice and finely chop preserved vegetables. Sandwich preserved vegetables into slit of eggplant slices, arrange 1 prawn on each slice, in the round centre. With the help of chopsticks or tongs, dip each slice into batter, coat evenly, drain slightly on sides of bowl. Place into deep hot oil, fry until golden brown; drain on absorbent paper. Fry only 3 or 4 slices at a time to avoid sticking while frying.

**Serves 4 or 8.**

**Note:** The preserved vegetables are obtainable at Chinese food stores; they can be bought in bulk or in cans. If unavailable, substitute a small can of Chinese pickled vegetables.



## BEEF WITH PINEAPPLE



## BEEF WITH PINEAPPLE

- |  |  |
|--|--|
| 500 g (1 lb.) fillet steak, in one piece | 3 shallots                               |
| 450 g can pineapple slices               | 2 tablespoons soy sauce                  |
| 1 green pepper                           | 1 teaspoon sugar                         |
| 1 red chilli                             | 2 teaspoons cornflour                    |
| 3 cloves garlic                          | 2 tablespoons water                      |
| 1 cm (½ in.) piece green ginger          | 1½ tablespoons oil, extra oil for frying |

Remove all fat and sinew from meat. Cut meat into 3 mm (¼ in.) slices. Place meat into bowl with soy sauce, sugar, cornflour and water; mix well. Stand 30 minutes. Drain pineapple. Cut pineapple slices into quarter segments; seed pepper, cut into 2.5 cm (1 in.) cubes; seed chilli, slice diagonally; cut shallots into 4 cm (1½ in.) lengths; slice ginger into wafer-thin slices. Heat 1 tablespoon oil in pan, add pineapple, pepper and chilli, toss gently for 2 minutes, remove from pan. Add extra oil to beef, mix well. Heat 2 tablespoons oil in wok, add garlic and ginger, cook until garlic turns golden brown. Add beef, spread out in wok; when brown on one side turn to brown the other side. Cook quickly and only until meat just changes colour; overcooking will toughen meat. Remove from pan.

### SAUCE

- |                           |                      |
|---------------------------|----------------------|
| 1 tablespoon oyster sauce | 1 teaspoon cornflour |
| 2 teaspoons soy sauce     | ¼ cup water          |
| 1 teaspoon sugar          | ¼ teaspoon salt      |
| ½ teaspoon sesame oil     |                      |

Combine all ingredients for sauce, mix well. Stir sauce in wok until sauce boils and thickens, add beef, shallots and vegetables, toss for 1 minute over high heat.

**Serves 6.**

## FIVE SPICE BEEF



## FIVE SPICE BEEF

- |  |                                |
|--|--------------------------------|
| 1½ kg (3 lb.) gravy beef, in one piece | ¾ cup sugar                    |
| 3 hard-boiled eggs                     | 1 teaspoon dry sherry          |
| ½ teaspoon salt                        | 1 teaspoon five spice powder   |
| 1 cup soy sauce                        | 1 teaspoon grated green ginger |

Trim all fat and sinew from meat. Push fork down into meat as far as fork will go. Do this about 10 times on one side; turn meat over, repeat on other side. Combine soy sauce, sugar, dry sherry, five spice powder and grated green ginger in a large saucepan, mix well. Add beef to marinade, let stand 30 minutes, turning occasionally. Place pan over heat, bring to boil, reduce heat, simmer covered for 1½ hours, turning meat occasionally. Add shelled, hard-boiled eggs, continue to simmer for further 15 minutes. Serve hot or, if serving cold, allow beef and eggs to cool in marinade. Cut beef into 5 mm (¼ in.) slices; cut eggs into wedges, use as garnish for the beef.

**Serves 6 to 8.**

**Note:** Gravy beef, cooked in this way, has delicious flavour and becomes almost as tender as fillet steak.



## SHERRIED STEAK



## SHERRIED STEAK

750 g (1½ lb.) fillet steak in one piece	½ cup water
2 tablespoons soy sauce	1 teaspoon dry sherry
3 tablespoons cornflour	1 tablespoon oil, extra oil for deep-frying

### SAUCE

2 tablespoons tomato sauce	3 teaspoons sugar
1 teaspoon worcestershire sauce	2 teaspoons dry sherry
2 teaspoons cornflour	½ cup water

Trim all fat and sinew from meat, slice meat into 5 mm (¼ in.) slices. Gently flatten meat with meat mallet or rolling pin. Put in bowl, add soy sauce, cornflour, water and dry sherry, mix well. Cover, marinate 4 hours. Add extra oil to beef, mix until meat is well-coated. Heat oil in pan, add half the beef, deep-fry until just cooked, approximately 3 minutes, drain. Repeat with remaining beef. Combine tomato sauce, worcestershire sauce, cornflour, sugar, dry sherry and water in small saucepan, cook over low heat until sauce boils and thickens, stirring constantly. Pour over beef.

**Serves 4.**

## CHICKEN AND SEAFOOD COMBINATION



## CHICKEN AND SEAFOOD COMBINATION

500 g (1 lb.) green prawns	1 cm (½ in.) piece green ginger
250 g (8 oz.) squid	½ teaspoon salt
2 whole chicken breasts	1 teaspoon dry sherry
125 g (4 oz.) snow peas	1 egg-white
½ x 230 g can bamboo shoots	½ teaspoon cornflour
1 small carrot	oil for deep-frying

### SAUCE

1 teaspoon salt	1½ teaspoons cornflour
½ teaspoon sugar	¼ cup chicken stock
½ teaspoon sesame oil	pepper

String snow peas. Cut bamboo shoots into thin slices. Peel carrot, cut into thin slices. Parboil carrot and bamboo shoots in boiling salted water for 2 minutes, add snow peas, bring to boil again, drain immediately. Remove skin from chicken breasts, cut meat from breast bones, then cut meat into 1 cm (½ in.) slices. Shell and devein prawns. In a bowl, combine salt, dry sherry, egg-white and cornflour, add prawns and chicken, mix well. Remove bone and outer skin from squid, cut down centre. Spread squid out flat with the inside facing upwards. With a sharp knife, make shallow cuts across squid in diamond shape; this helps tenderise the squid and make it curl attractively when cooked. Cut squid into 2.5 cm (1 in.) diagonal slices. Heat oil in pan, deep-fry chicken and prawns until just cooked, approximately 3 minutes, remove from pan, drain. Add squid to hot oil, deep-fry for 2 minutes, or until curled up, remove from pan, drain. Remove excess oil from pan, leaving 1 tablespoon in pan. Heat reserved oil in pan, add peeled and sliced ginger, fry for 1 minute, add combined salt, sugar, sesame oil, cornflour, chicken stock and pepper, stir until sauce boils and thickens, add chicken, prawns, squid and vegetables, mix well.

**Serves 6 to 8.**



## CHICKEN NOODLE



## CHICKEN NOODLE

**2 whole chicken breasts**

**2 sticks celery**

**½ x 283 g packet egg noodles**

**½ teaspoon salt**

**½ teaspoon sugar**

**1 teaspoon dry sherry**

**½ teaspoon cornflour**

**pepper**

**oil for frying**

Add egg noodles to large saucepan of boiling water, boil uncovered for four minutes, drain, rinse well under cold running water, drain. Spread noodles out on clean teatowel placed over wire rack. Allow to dry for 1 hour.

Remove skin from chicken breasts, cut meat from breast bones, then cut into thin strips, approximately 8 cm x 1 cm (3 in. x ½ in.). Combine salt, sugar, dry sherry, cornflour, pepper and chicken; mix well. Slice celery diagonally. Heat 3 tablespoons oil in pan, add noodles, spread evenly over pan, fry gently over low heat until golden brown, tilt pan to brown evenly. Turn the whole batch of noodles over, cook on other side until crisp; remove from pan. Heat 2 tablespoons oil in pan, add chicken, cook until chicken just changes color, remove from pan. Add celery, toss in pan for 2 minutes, add chicken, mix well. Place noodles on serving plate, top with chicken mixture, pour hot sauce over.

### SAUCE

**¼ cup lemon juice**

**1 cup chicken stock**

**1 tablespoon cornflour**

**1 tablespoon honey**

**1 tablespoon sugar**

**½ teaspoon grated green ginger**

Combine lemon juice, chicken stock, cornflour, honey, sugar and ginger in saucepan. Stir over medium heat until sauce boils and thickens.

**Serves 4.**

## SZECHWAN CHICKEN WITH CHILLI SAUCE



## SZECHWAN CHICKEN WITH CHILLI SAUCE

2 whole chicken breasts

2 cloves garlic

1 small green pepper

1 small red pepper

1 teaspoon Sambal Oelek

½ teaspoon salt

1 teaspoon sweet sherry

½ teaspoon cornflour

pepper

oil for deep-frying

1 tablespoon oil, extra

### SAUCE

½ cup chicken stock

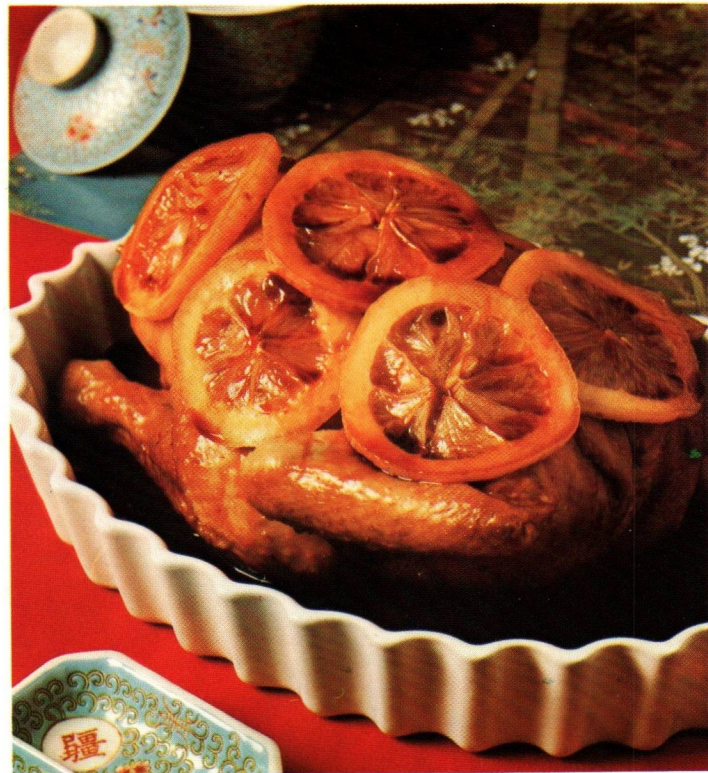
1½ teaspoons cornflour

Remove skin from chicken breasts. With sharp knife, gently remove chicken meat from each half of each breast, giving 4 pieces. Cut chicken meat into 1 cm (½ in.) strips. Combine meat with salt, sweet sherry, cornflour and pepper, mix well, stand 30 minutes. Deep-fry chicken pieces in hot oil until just changing colour, drain well. Crush garlic; seed red and green peppers, cut into 5 mm (¼ in.) cubes; combine cornflour and chicken stock; mix well. Heat extra oil in pan, add garlic, red and green peppers and Sambal Oelek, cook gently for 2 minutes, add sauce. Stir until sauce boils and thickens, add chicken, mix well.

### Serves 4.

**Note:** Sambal Oelek is Indonesian chilli sauce, available in small jars from most supermarkets and large food stores.



**CHICKEN WITH LEMON****CHICKEN WITH LEMON**

1.5 kg (3 lb.) chicken  
4 tablespoons soy sauce  
1 teaspoon salt  
2 teaspoons dry sherry

1 teaspoon grated green ginger  
3 tablespoons brown sugar  
2 tablespoons water

Remove fat from inside chicken, rub chicken all over with the salt. Combine soy sauce, dry sherry and ginger in pan, roll chicken in sauce, brush sauce into cavity to coat thoroughly, leave in marinade 30 minutes, turn occasionally. Heat sauce and chicken over low heat, turn chicken over to color evenly on all sides. Place chicken fat in separate saucepan, place chicken on top of fat; this stops the chicken sticking to the saucepan. Top chicken with sliced lemon, sprinkle brown sugar over lemon, pour in sauce and water, bring to boil, cover, reduce heat, simmer gently 45 minutes; baste with sauce occasionally.

**Serves 4.**

**CHICKEN WITH CASHEWS****CHICKEN WITH CASHEWS**

250 g (8 oz.) roasted unsalted  
cashew nuts  
1 whole chicken breast  
250 g (8 oz.) chicken livers  
1 onion  
½ red pepper  
½ green pepper

3 tablespoons oil  
1 stick celery  
125 g (4 oz.) mushrooms  
½ teaspoon grated green ginger  
½ teaspoon salt  
½ teaspoon sugar  
1 teaspoon salt, extra

**SAUCE**

2 teaspoons oyster sauce  
½ teaspoon sugar

¼ cup chicken stock  
1 teaspoon cornflour

Cook cleaned chicken livers in boiling salted water until cooked, approximately 5 minutes, drain, cut into 2 cm (¾ in.) cubes. Bone chicken breast, remove skin, cut meat into 2 cm (¾ in.) pieces, combine with green ginger, salt and sugar, mix well. Peel onion; remove stems from mushrooms. Cut onion, mushrooms, red and green pepper and celery into 2 cm (¾ in.) cubes. Heat 2 tablespoons oil in pan, add all vegetables and extra salt, stir for 5 minutes, remove from pan. Heat remaining oil in pan, add chicken, cook, stirring, until chicken changes color, add chicken livers and vegetables, toss well. Add combined oyster sauce, sugar, chicken stock and cornflour, stir until sauce boils and thickens. Add cashew nuts, mix well.

**Serves 4 to 6.**



## CHICKEN WITH CRAB



**1 kg (2 lb.) chicken**

**2 tablespoons honey**

## CHICKEN WITH CRAB

**2 teaspoons soy sauce**

**oil for deep-frying**

Put chicken in large pan of boiling salted water, cover tightly, stand 30 minutes. Remove chicken from pan, drain and pat dry. Combine honey with soy sauce, rub mixture well over chicken. Hang to dry for at least 4 hours or refrigerate overnight, uncovered. Cut chicken in half lengthways. Heat oil in pan, deep-fry chicken gently, one half at a time, until golden and completely cooked through. Cut chicken into small pieces, Chinese-style.

### SAUCE

**125 g (4 oz.) crab meat**

**1 egg-white**

**1 cup chicken stock**

**½ teaspoon sugar**

**2 teaspoons dry sherry**

**1 teaspoon cornflour**

**salt, pepper**

**2 teaspoons oil**

Heat oil in pan, add combined chicken stock, sugar, dry sherry and cornflour, stir until sauce boils, add crab meat, stir until sauce thickens, season with salt and pepper. Add egg-white, remove from heat immediately, stand 1 minute or until egg-white sets, stir quickly to mix egg-white through sauce. Spoon sauce over chicken.

## TWO TONE RICE



## TWO TONE RICE

2 cups long-grain rice, 2 tablespoons oil, 2 eggs, 1 teaspoon salt.

### CHICKEN WITH TOMATO SAUCE

2 small chicken breasts, 2 tomatoes, 1 teaspoon cornflour, 3 tablespoons oil, 1 onion, 1 teaspoon grated green ginger, 1 teaspoon dry sherry, 2 teaspoons sugar.

#### TOMATO SAUCE

$\frac{3}{4}$  cup chicken stock,  $\frac{1}{4}$  cup tomato sauce, 2 teaspoons cornflour,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon sugar, 2 teaspoons soy sauce.

Cook rice in large saucepan of boiling salted water 12 minutes; drain well. Spread rice evenly over large shallow tray, refrigerate until cold. Heat oil in large pan or wok, add rice and salt, turn over and over until rice is warm, add lightly beaten eggs, continue turning until eggs evenly coat rice and are cooked. Remove rice from pan; keep warm.

Remove skin from chicken breasts, cut meat from breast bones. Cut chicken into 5 mm ( $\frac{1}{4}$  in.) strips, combine chicken with cornflour, green ginger and dry sherry, mix well. Peel tomatoes, slice thinly. Peel onion, slice thinly. Heat 2 tablespoons oil in pan, add chicken, cook until chicken changes color and is just cooked, remove from pan. Heat remaining oil in pan, add tomatoes and onion, toss 3 minutes, add sugar, mix well and cook for another minute. Add combined chicken stock, tomato sauce, cornflour, salt, sugar and soy sauce, stir until sauce boils and thickens, add chicken, mix well. Pour over half of the rice, keep warm.

### PRAWNS WITH WHITE SAUCE

500 g (1 lb.) green prawns,  $\frac{1}{2}$  egg-white, salt, pepper,  $\frac{1}{2}$  teaspoon sesame oil, 1 tablespoon oil.

#### WHITE SAUCE

1 cup milk,  $\frac{1}{2}$  cup chicken stock, 2 teaspoons cornflour,  $\frac{1}{2}$  teaspoon dry sherry

Shell and devein prawns, combine with egg-white, salt, pepper and sesame oil, mix well. Heat oil in pan, add prawns, toss for 2 minutes, add combined milk, chicken stock, cornflour and dry sherry, stir until sauce boils and thickens. Spoon over the other half of rice.

**Serves 4 to 6.**